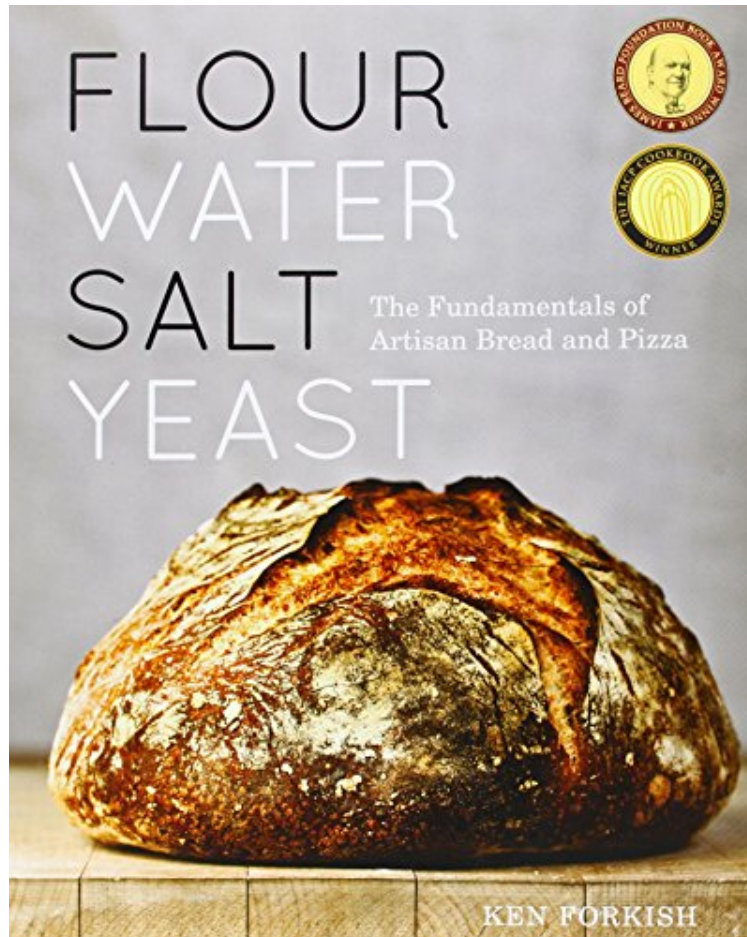


(Free) Flour Water Salt Yeast: The Fundamentals of Artisan Bread and Pizza

# Flour Water Salt Yeast: The Fundamentals of Artisan Bread and Pizza

*Ken Forkish*

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**Ken Forkish : Flour Water Salt Yeast: The Fundamentals of Artisan Bread and Pizza** before purchasing it in order to gage whether or not it would be worth my time, and all praised Flour Water Salt Yeast: The Fundamentals of Artisan Bread and Pizza:

635 of 646 people found the following review helpful. Fantastic, but you should know . . .By TracieThis book could easily receive one or five stars, depending on what you are looking for. It was perfect for me, but I would like to clarify exactly what it is you would get out of this book, and what you would not.First off, if you are looking for a book of great, simple recipes that you can throw in the breadmaker real quick once you get home, this is NOT the book for you. If you're looking more for a diverse bread recipe book vs break knowledge, this is not the book for you.This is a very good equivalent of a breadcrafting 101 textbook. Now, I say 'breadcrafting' vs just 'baking' because this book takes you far beyond "mix X and Y, bake at Z, eat." Using the same very simple ingredients (see title), you

will make a variety of different flavors, based on times, ferments, etc. You will learn how to literally use temperature and times as ingredients and how these can make bread made with the very same ingredients VERY different. You will truly learn the basics of making great bread. I would note that this book also calls for a covered dutch oven to finally bake these loaves in, which will replace much in the way of expensive baking equipment and give a lovely crust. For the book itself: There are literally over a hundred favored methods of breadmaking all over the world. This book contains a much smaller focused area than, say, Peter Reinhart's "Bread Baker's Apprentice". The recipes are for lean dough, non-enriched breads, made straight, with delayed fermentation, and finally as pure sourdough. The doughs he uses are very wet (usually well in excess of 70% hydration), and his preference to hand-forming everything in the bowl vs using a mixer, etc, will actually give some excellent groundwork in learning dough handling. An advantage to wet doughs (among other things like quality), is that you can most easily feel changes in the dough as you work it, teaching you to make bread by feel, and really KNOW when things are ready. The basic recipe is varied with different flours, bigas or poolishes, and finally making and using a sourdough culture. The variations one learns of a recipe are incredible in terms of taste and texture, when the main variables are time and temp. This book is a fantastic stepping stone for more varied texts (Bread Bible, Bread Baker's Apprentice, and the all but sacred bread text "The Taste of Bread" by Raymond Calvel). If you are looking to learn the basic knowledge needed to make truly magnificent bread in your home, this is the book to start with. If you are a more advanced baker, but still need to solidify the basics covered in this text, you will find that material familiar but new at the same time, and will get more than your money's worth. Happy reading!

510 of 518 people found the following review helpful. The new standard for artisan bread books. By I. Lozada I've read many of the usual suspects of this genre: Jim Lahey, Chad Robertson, Amy's Bread, Peter Reinhart. You would think that there wasn't that much room for improvement based on what those fine books have taught. But what Ken Forkish has done here is not simply to give you recipes, but to teach you to think with the flexibility that bread baking demands, and to also demand creativity out of you to go past what's in the book. One of the very best things about Ken's book is that he doesn't just throw recipes out there, then try to explain with a little blurb above them, or even, as Robertson did, to give an in-depth explanation after you've tried your hand at it. Instead, Ken goes and teaches you the concepts first, then goes and gives you a structure of recipe writing that helps you identify the concepts taught within the context of the recipe. You're going to feel more comfortable making the bread from the first attempt. There's a lot here for the experienced bread baker here. Different mixes of flours, double fed levains, hybrid levain-commercial yeast solutions. There's a fantastic section on how to make recipes your own, whether it be about flour choices (and the different hydration requirements that some flours require), rearranging schedules to make your bread revolve around your life, the various options you have with levains, how to document your experimentation so that you can reproduce the results the next time. Like Robertson and Lahey, he's baking in cast iron pots-- he prefers the smaller (and harder to find) 4 quart models, which contribute to higher rises in his opinion. The book, because of his structure, works exclusively in those pots, but he tells you how to adjust his system if you wanted to take a batch of dough meant for two loaves and turn it into one massive miche. There's also an excellent pizza making section, with sauce recipes, pizza tossing instructions, plus pan pizza recipes. He ends with a Lagniappe of some hazelnut butter cookies, but I have to admit, I was really hoping he'd share a baguette recipe since he'd referenced them so often in his own story. All in all, a superb book that adds a lot of depth to the genre.

113 of 117 people found the following review helpful. Flour, Water, Salt, Yeast - Great Bread! By Bill M101 I love this book. I have made three of the bread recipes, each with increasing complexity, and they are great! It's nice that each one makes two loaves since if something looks amiss with the first one, then you can tweak the baking of the second. Also, you can use the dough from the second half for pizza and focaccia -- I have done both with really excellent = delicious results! I have to admit though, that I do not appreciate the very dark baking he encourages. While my oven is very accurate, if I bake as dark as he suggests, the bottoms taste burned. All the breads in this book require that you use a Dutch oven. Kind of an important detail. I was at first skeptical since I just bought a baking stone, but these recipes are really different. You also do NOT need a stand mixer! I was really getting into baking breads using the dough hook of my stand mixer, so I was a little concerned at first. But now, I really enjoy the 100% hands on (hands in?) approach. Note, the methods are fairly technique intensive - the book has great and detailed descriptions, but I found the videos on his web site to be great to clearly show you what he is explaining in the book. Ken has a great section on required equipment and gives you specific descriptions of things he used for the recipes in this book, and they are available on . Some examples: For the Dutch Oven, he recommends 2 brands, of which I got the Lodge since it was much less \$. I also decided on the enameled version since I did not want to deal with the uncoated cast iron, and the seasoning process. It works great, and frankly is a thing of beauty in our kitchen: [http://www..com/gp/product/B004QM8SK2/ref=oh\\_aui\\_detailpage\\_o04\\_s00?ie=UTF8psc=1](http://www..com/gp/product/B004QM8SK2/ref=oh_aui_detailpage_o04_s00?ie=UTF8psc=1) He recommends Cambro plastic containers for mizing etc, 12 quart and 6 quart. I tried using just large bowls, but then could see the advantage of these so ordered them. No regrets! Also I did buy the set of two for the 6 quart and very glad I did. One is always good for your working hand water, and the other if you are making Polish, Biga, etc.

12 Quart: [http://www..com/gp/product/B000KIE73I/ref=oh\\_aui\\_detailpage\\_o03\\_s00?ie=UTF8psc=1](http://www..com/gp/product/B000KIE73I/ref=oh_aui_detailpage_o03_s00?ie=UTF8psc=1) Plus the lid: [http://www..com/Camwear-Cover-Quart-Storage-Containers/dp/B001E0FNCU/ref=pd\\_bxgy\\_k\\_text\\_y6](http://www..com/Camwear-Cover-Quart-Storage-Containers/dp/B001E0FNCU/ref=pd_bxgy_k_text_y6) Quart, set

of 2 with lids:[http://www..com/gp/product/B002PMV77G/ref=oh\\_aui\\_detailpage\\_o03\\_s01?ie=UTF8psc=1](http://www..com/gp/product/B002PMV77G/ref=oh_aui_detailpage_o03_s01?ie=UTF8psc=1)He also suggests Banneton Baskets for proofing the loaves prior to baking. I bought one, tried it, decided I needed two (they are two loaves recipes after all) went back and could only find the set of two, so now I have three. My wife likes baskets anyways![http://www..com/gp/product/B006J7JWHU/ref=oh\\_aui\\_detailpage\\_o03\\_s01?ie=UTF8psc=1](http://www..com/gp/product/B006J7JWHU/ref=oh_aui_detailpage_o03_s01?ie=UTF8psc=1)He also recommends a digital scale and specifically OXO brand. He actually recommends a cheaper one, but it had a lot of negative reviews so I bought this one and love it. It works perfectly! Weighing ingredients is a great way to go. There are a lot of digital scales out there ndash; if you go with another brand, be sure to consider one that has a pull out display. You will need it for large mixing containers.[http://www..com/gp/product/B000WJMTNA/ref=oh\\_aui\\_detailpage\\_o04\\_s00?ie=UTF8psc=1](http://www..com/gp/product/B000WJMTNA/ref=oh_aui_detailpage_o04_s00?ie=UTF8psc=1)These all bake at 475 degrees F! Handling and manipulating a heavy 475 degree enamel coated cast iron Dutch Oven is a challenge. My potholders and BBQ Gloves did not do the job comfortably = worried. SO I bought these and have been very happy with them. Still, exercise caution![http://www..com/gp/product/B00CHO64NE/ref=oh\\_aui\\_detailpage\\_o02\\_s00?ie=UTF8psc=1](http://www..com/gp/product/B00CHO64NE/ref=oh_aui_detailpage_o02_s00?ie=UTF8psc=1)Enjoy!

From Portland's most acclaimed and beloved baker comes this must-have baking guide, featuring recipes for world-class breads and pizzas and a variety of schedules suited for the home baker. There are few things more satisfying than biting into a freshly made, crispy-on-the-outside, soft-and-supple-on-the-inside slice of perfectly baked bread. For Portland-based baker Ken Forkish, well-made bread is more than just a pleasurendash; it is a passion that has led him to create some of the best and most critically lauded breads and pizzas in the country. In *Flour Water Salt Yeast*, Forkish translates his obsessively honed craft into scores of recipes for rustic boules and Neapolitan-style pizzas, all suited for the home baker. Forkish developed and tested all of the recipes in his home oven, and his impeccable formulas and clear instructions result in top-quality artisan breads and pizzas that stand up against those sold in the best bakeries anywhere. Whether yoursquo;re a total beginner or a serious baker, *Flour Water Salt Yeast* has a recipe that suits your skill level and time constraints: Start with a straight dough and have fresh bread ready by supper time, or explore pre-ferments with a bread that uses biga or poolish. If yoursquo;re ready to take your baking to the next level, follow Forkishrsquo;s step-by-step guide to making a levain starter with only flour and water, and be amazed by the delicious complexity of your naturally leavened bread. Pizza lovers can experiment with a variety of doughs and sauces to create the perfect pie using either a pizza stone or a cast-iron skillet. *Flour Water Salt Yeast* is more than just a collection of recipes for amazing bread and pizzamdash; it offers a complete baking education, with a thorough yet accessible explanation of the tools and techniques that set artisan bread apart. Featuring a tutorial on baker's percentages, advice for manipulating ingredients ratios to create custom doughs, tips for adapting bread baking schedules to fit your day-to-day life, and an entire chapter that demystifies the levain-making process, *Flour Water Salt Yeast* is an indispensable resource for bakers who want to make their daily bread exceptional bread.

Winner, IACP Awards 2013 - Baking: Savory or Sweet Winner, James Beard Foundation Award 2013 - Baking and Dessert "If books full of stunning bread porn ndash; all craggy crusts, yeasty bubbles and floured work surfaces ndash; are your thing, here'snbsp;Flour Water Salt Yeastnbsp;bynbsp;Ken Forkish.rdquo;mdash;Eater National "Legendary Portland baker Ken Forkish (of the watershednbsp;Ken's Artisan Bakerynbsp;and much-lovednbsp;Ken's Artisan Pizza)nbsp;has joined the ranks of the lauded letterers with his mammoth new cookbooknbsp;Water Flour Salt Yeast: The Fundamentals of Artisan Bread and Pizza.nbsp;Innbsp;Water Flour Salt Yeast, he aims to bring the spirit and quality of his famous crusty, blistered breads to the passionate home baker using those four titular ingredients."mdash;portlandmonthlomag.comldquo;Exceptionally detailed and clearly written with dedicated bakers in mind. . . . Cooks and students who are serious about the craft of bread baking will definitely want to check out this title.rdquo;mdash;Library Journal "Forkish's instructions are clear, concise and incredibly precise... For true artisan bread lovers -- and homemade pizza fanatics -- this book sets a new standard."mdash;Oregonian, June 25, 2012 "Divided into four sections (ldquo;The Principles of Artisan Bread,rdquo; ldquo;Basic Bread Recipes,rdquo; ldquo;Levain Bread Recipes,rdquo; and ldquo;Pizza Recipesrdquo;), with recipes broken down by breads made with store-bought yeast, breads made with long-fermented simple doughs, and doughs made with pre-ferments, the book presents recipes accessible to novices, while providing a different approach for making dough to experienced bakers. Plenty of step-by-step photographs, along with a chapter outlining ldquo;Great Details for Bread and Pizza,rdquo; make this slim work a rival to any bread-baking tome. A variety of pizza recipes, including sweet potato and pear pizza and golden beets and duck breast ldquo;prosciuttordquo; pizza, (along with an Oregon hazelnut butter cookie recipe), end the title and inspire readers to put on the apron and get out the flour."mdash;Publishers Weekly, 6/4/2012nbsp;ldquo;Ken Forkishrsquo;s story is as unique, interesting, and delicious as his famous breads and pizzas. The man abandoned his past, courageously stepped off the cliff and followed his passion, and the result has been a gift to all of us: great breads, fabulous pizzas, and now this beautiful bookmdash;Flour Water Salt Yeastmdash;in which he reveals all.rdquo; mdash;Peter Reinhart, author of *Artisan Breads Every Day* and *The Joy of Gluten-Free, Sugar-Free Baking*nbsp;ldquo;Ken nails it, end of story, when it comes to the best levain bread or the thinnest, most perfect pizza

